



## Thoughtful Foods, the Uni's Own Food Co-operative

Did you know that UNSW has its own ethically, ecologically & economically conscious store on campus? Thoughtful Foods is a not-for-profit food co-operative which is owned, managed & run according to the wishes of its members.

Our aim is to provide cheap, minimally packaged & ethically produced wholefoods food & household products to UNSW students, staff & the local community. **Most of our products are unpackaged & bought in bulk.** You bring along your own containers & scoop or pour out exactly the amount you want. Neither you nor the environment pays for unnecessary packaging. **We try to supply ethically, socially & environmentally sound products.** Unlike supermarkets, we have a concern for who produces the goods, under what conditions & by what methods.

The beauty of Thoughtful Foods is that the more involved you are, the cheaper the goodies become & the cheaper the goods are, the more people become involved. Thoughtful Foods members receive the member discount (currently 10%) off almost all products in the shop. Members who work for at least one hour per week receive the working members' discount (currently 25%) off their purchases. Members who work at least two hours per week get the working members' extra discount (currently 40%). Members can also receive discounts for work undertaken outside the shop that assists Thoughtful Foods.

### What does Thoughtful Foods sell?

<b>Sweets &amp; snacks:</b>	e.g. peppermint carob, soy crisps, licorice, almonds, figs, tamari roasted almonds, pistachios, pecans, apricot logs, fair trade organic chocolate, fruit & nut mixes, bhujia mix, date and coconut rolls, date and almond rolls, rice crackers, yoghurt frogs etc.
<b>Dried fruit:</b>	e.g. apricots, mango (the stuff dreams are made of), peaches, figs, bananas, dates, , apples, currants, raisins, prunes, nectarines, pears, pineapple fruit mix etc.
<b>Grains &amp; legumes</b>	e.g. rice, rolled oats, wheat flour, spelt flour, pasta, gluten free pasta, brown rice, lentils, couscous, noodles sesame seeds, sunflower seeds, pepitas, beans, muesli, adzuki beans, chickpeas, red kidney beans, quinoa, soya beans etc.
<b>Herbs &amp; spices</b>	e.g. basil, peppermint, pepper, cinnamon, turmeric, cumin, salt, sage, paprika, cloves, nutmeg, coriander, garlic, curry powder, rosemary, cardamom, chilli powder, etc.
<b>Herbal teas &amp; coffee</b>	e.g. chamomile, peppermint, fair trade coffee, chai mix, raspberry, spearmint, lemon myrtle, lemongrass fair trade green tea, fair trade black tea, a variety of blends etc.
<b>Fridge products</b>	e.g. tofu, tempeh burgers, free range eggs, soy milk, rice milk
<b>Oils &amp; sauces</b>	e.g. olive oil, honey, tahini, peanut butter, sunflower oil, tamari soy sauce, balsamic vinegar, maple syrup, sesame oil
<b>Green household cleaners</b>	e.g. dishwashing liquid, laundry liquid & powder, soaps, multipurpose cleaner, etc.
<b>Organic Fruit &amp; Veggie Boxes</b>	every Thursday you can collect your pre-paid box of seasonal organic fruit & veggies. Money for fruit & veggies has to be in by Tuesday afternoon. Box prices are \$10, \$20, \$30, \$40 & \$50. for members of Thoughtful Foods, or \$12.50, \$25, \$37.50, \$50 & \$62.50 for non-members. You won't believe the value for money!

Thoughtful Foods buys food from suppliers in bulk. This means that:

- You can buy the exact quantity you desire – i.e. a few carob whirls to keep you going through your lecture or 10 kg of rice to sustain your household for a couple of months.
- It is cheaper for you because you aren't paying for the packaging. This is unbelievably apparent when purchasing herbs & spices. A jar containing 10 grams of dried basil bought from Coles will cost you \$2.05. If you bring the same jar into Thoughtful Foods & fill it with basil, it will cost you about five cents if you are a working member of the food co-op or seven cents if you're not! What are you really buying when you do your shopping? Not only do you benefit, but the environment also benefits because the food you are buying isn't adding any further packaging to landfill. (We strongly encourage you bring reusable containers into the shop when you do your shopping. We also have a supply of clean, sterilized reusable jars that members have donated to Thoughtful Foods as well as reusable calico bags).

## **A bit about Thoughtful Foods' products**

We endeavour to stock goods which are organic (that is produced without chemicals) or biodynamic, vegetarian, not irradiated or genetically modified to reduce the impact on the environment; fair trade to ensure their producers are paid properly & locally produced to minimise the consumption of fuel & resulting CO<sub>2</sub> emissions associated with transportation & to support local businesses. When Thoughtful Foods orders products from suppliers, the following factors come into consideration:

- Organic:** Is the product produced without the use of chemical fertilisers, pesticides & fungicides? Or if an organic option is not available, is it been produced with a minimum of chemicals? Is it GE free (i.e. isn't genetically modified &/or doesn't contain genetically modified ingredients)? Is it not irradiated (this process destroys all nutrients & forms part of the nuclear fuel cycle )?
- Australian:** How far does the product have to be transported from the field to the factory (if at all), to the supplier & then to us? Further distances require the expenditure of more fuel (which produces pollution & carbon dioxide contributing climate change, creates demand for mining, more road construction, etc.). Buying locally also helps support smaller local businesses rather than big multinationals.
- Ethics:** Is the product ethically produced? Are the producers & workers paid properly? What are their working conditions? Is it certified fair trade?
- Packaging:** In what will the products be packaged when they arrive? In what have the products been packaged before they arrived? If products do have to be individually wrapped (eg, soy milk), is the packaging the best environmental choice?
- Economics:** Are the products a reasonable price?

## **Shop opening hours**

Our core opening hours are Tuesday & Wednesday 10.30am-4.30pm, Thursday 9am-6pm during Session. Extra opening hours will be added as the Food Co-op's capacity & volunteer availability expands & enables it to be reliably open for more hours. Please note: As the shop is run by volunteer members, we cannot guarantee that the co-op will be open during the advertised times. However we endeavour to be open at least during the core opening hours each week.

## **Working & receiving discounts**

Members are rewarded for the time they spend working for Thoughtful Foods. This work may be doing a shift in the shop, writing articles for uni publications, researching products, attending working bees or meetings or helping with publicity, organising &/or staffing bbqs or chai stalls or being responsible for a management committee position etc.

## **Becoming a member**

Thoughtful Foods membership costs \$20, \$10 of which is a redeemable share in the co-op. Membership can be renewed annually for \$10. We also offer 6-month membership. If the membership cost is too much for you, we can provide pay-as-you-go membership where your discount goes towards membership until it's paid off. Just ask the volunteer in the store & they'll tell you all about it. If you would like to become a member, make your way down to Thoughtful Foods & join us.

## **Other stuff – Where are we, what to do with the strange foods!**

Thoughtful Foods is located in the backyard of the Roundhouse. You can find us behind Eats @ the Round & across from International House as you head towards the Lifestyle Centre (Uni Gym) on Lower Campus. Look for the coloured flags outside the shop. Our phone number is 9385 6097. We also have a funky website ([www.thoughtfulfoods.unsw.edu.au](http://www.thoughtfulfoods.unsw.edu.au)).

Thoughtful Foods has also compiled a cookbook full of yummy recipes from our members to help you use some of those weird foods you've never heard of before. It's a bargain at \$4 or only \$2 for members of Thoughtful Foods.

## **Clothing Exchange**

The food co-op also has a clothing exchange, so bring in the stuff you don't want anymore & swap it for someone else's gear. One person's trash is another's treasure! Or you can buy pre-loved items for \$3 each.

## **What is Thoughtful Foods (affectionately known as Pigweed, our old name) to our members?**

Here you go ...Pigweed is cups of magical herbal tea with fellow members while perched on buckets & milk crates in front of the shop. Pigweed is yummy friends & yummy food. Pigweed is crazy, kaotic, last minute-planned tofu burger & chai stalls that go off. Pigweed is peppermint carob & wafts of heavenly dried mango. Pigweed is a place to go when you don't know where to go.

Dan ♀